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Obama's cookie run sweetens bakery's sales

BYWARD A bakery in the By-Ward Market is enjoying increased sales after an impromptu visit by U.S. President Barack Obama during his visit to the nation's capital last Thursday, reports CBC News Online.

Cookies at the Moulin de Provence bakery are going like hotcakes at the rate of 2,000 a day, somewhat more than the 200 or 250 cookies they used to sell each week.

"I understand you've got some Canadian cookies … in the shape of a maple leaf," the president said during his surprise walkabout in the market last week.

The baker, Claude Bonnet, obliged with maple-leaf-shaped sugar cookies with red and white icing.

"I figured, I'd get some points from my daughters," Obama said.

Bonnet and his employees have been working overtime ever since, selling 3,000 cookies by noon Friday. Cookie orders have been coming in from as far as the United States and Europe.

METRO NEWS SERVICES

Riding the **Recession**

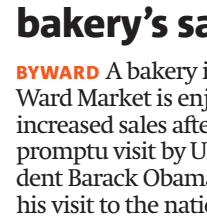
Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Your Money

- **The Smart Cookies have advice on where to find financial tips online, pg 6**

Health

- **Tips on how to eat healthy while cutting down on your grocery bills, pg 11**



Canadian Championships

The Roaring Game

ANDY CLARK/REUTERS

New Brunswick skip Andrea Kelly, right, reacts to her shot as Ontario second Kari MacLean looks on yesterday at the Canadian Women's Curling Championships in Victoria, B.C. New Brunswick beat Ontario 5-3 in the sixth draw, and lost to the Canada rink 5-3 in the seventh draw. The Canada and B.C. rinks are currently tied for first in the competition to be decided in playoffs this weekend.

Energy act unveiled

Homesellers' audit, $5B improvement to grid part of proposal

Ontario residents won't be able to sell their houses or condos without first getting a home energy audit — which now costs about $300 — under the proposed new Green Energy Act.

That's one of several measures in the legislation unveiled by Energy Minister George Smitherman to boost incentives for electricity conservation and encourage renewable sources of energy.

The legislation was applauded by environmentalists as ambitious, although the David Suzuki Foundation says its green intent is undermined by government plans to build a new nuclear power plant at Darlington.

But critics fear the energy audits and Smitherman's estimated one per cent rise in household electricity bills as a result of the law will pinch pocketbooks as the recession deepens.

While homeowners will have to get a private contractor to do an energy audit before selling, there will be no requirement to take any action — the measure is simply intended to inform potential buyers what state of energy efficiency a property is in.

As for higher electricity prices, Smitherman promised measures to help low-income families and said that there are incentives and government aid under the act to help homeowners improve their conservation efforts.

The higher cost on electricity bills — and many of the 50,000 jobs that the government says the act will create over three years — will initially stem from a $5-billion investment to improve the electricity transmission and distribution grid.

Smitherman's plan is to modernize it so homeowners, for example, can put solar panels on their rooftops and sell any excess power they don't need back into the system at a price yet to be determined, making the grid a "two-way street."

The act still requires a vote of the legislature this spring.

TORSTAR NEWS SERVICE

Job projections

- Energy Minister George Smitherman's prediction of 50,000 jobs is fuelled partly by provisions to require Ontario-made content in green energy projects — such as steel in wind turbines that could come from Hamilton or Sault Ste. Marie.
- No content level has yet been set, but it will be more than 25 per cent, government officials suggested.

$75M to raise Ont. bariatric surgeries

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

HEALTH The Ottawa Hospital will be providing around 450 gastric bypass surgeries a year by 2012 as a result of increased investment from the province.

As part of Ontario's diabetes strategy, the province is investing $75 million over the next three years to increase bariatric surgery capacity in the province by 500 per cent — from 244 a year to 1,470.

As part of this expansion, the Ottawa Hospital will become a bariatric centre of excellence, building on the hospital's historical interest in bariatrics and the existing interdisciplinary weight management program.

"For those who have been fighting severe obesity for years, we're increasing the availability of bariatric surgery at the Ottawa Hospital so that more people can get this treatment here in Ontario," said Ottawa Centre MPP Yasir Naqvi.

The high prevalence of overweight and obese people is contributing to a dramatic rise in illnesses such as diabetes, heart disease, stroke, hypertension and some cancers.

"As a medical intervention of last resort, bariatric surgery can be vitally important to certain patients who struggle with obesity," Champlain Local Health Integration Network CEO Dr. Robert Cushman said.

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Robber seeks pills, not cash

A lone man claiming to be armed with a gun hopped a counter at the Marina Pharmacy at 1568 Merivale Rd. at 3 p.m. yesterday and stole 16 bottles of Tylenol 1 before fleeing. He is described as an English-speaking white male, about six feet tall, in his early 20s. METRO OTTAWA

Local

Taking flight through history

Canada's flying history consists of four periods, each represented in the new exhibit commemorating a century of flight that opened last night at the Canada Aviation Museum. From the earliest days of in 1902 to the innovations of the First World War, the first period was all about "Getting into the Air." Between the wars, courageous bush pilots played an integral part in "Tying the County Together." The Second World War saw growth in all segments of aviation in "Industry and War" and after the war, the growth of the airline industry was "Shrinking the World." METRO OTTAWA

Roman influence comes to Ottawa

TRACEY TONG
tracey.tong@metronews.ca

This spring, visitors to the National Gallery of Canada will see rare and valuable works from 16th century Rome presented together, some for the first time.

The gallery announced From Raphael to Carracci: The Art of Papal Rome during the unveiling of its 2009 lineup yesterday.

Running from May 29 to Sept. 7, the 150-piece exhibit, which features art from the Italian Renaissance, will attract people from all over the world, said NGC chief curator and exhibition curator Dr. David Franklin.

The exhibit — which examines Renaissance Rome — is arranged chronologically, pope by pope, from Julius II to Clement VIII, revealing a wealth of works created through the arts patronage of the Roman Catholic Church and featuring the celebrated masters of Italian art, including Raphael, Michelangelo, Giorgio Vasari, Federico Barocci, and Annibale Carracci. It took five years to put the exhibit together, said Franklin.

"It was hard to borrow the big names," he said. "One has to be very persuasive."

Franklin's proposal for the exhibit — to show the importance of Raphael as an influence of the 16th century — proved to be convincing enough that the Vatican and the Queen lent some of the most famous works.

"The exhibit will be of great educational value," said NGC director Marc Mayer following yesterday's announcement. "It's very rare to see these pieces in Canada. They are scattered all over the U.S. and Europe — it is the first time they have been brought together to tell the story of Rome.

"Most of the works have never been displayed outside of Italy before or have appeared together in a single exhibition."

Other exhibits in the 2009 lineup include Nomads, which focuses on works by Vancouver-based artists whose practices manifest different interpretations of nomadism; Paolo Veronese and the Petrobelli Altarpiece; the works of American artist Thomas Nozkowski, the first exhibit organized by Mayer since he was named director; David Hoffos: Scenes from the House Drea; Nature Draws Her Own Portrait: 19th-century French Photographs from the National Gallery of Canada; the Drawings and Paintings of Daphne Odjig: A Retrospective Exhibition; Miller Brittain: When the Stars Threw Down Their Spears; and Scott McFarland: A Cultivated View.

TRACEY TONG/METRO OTTAWA

Chief curator for the National Gallery of Canada Dr. David Franklin said some of the pieces from the gallery's big 2009 exhibit, From Raphael to Carracci: The Art of Papal Rome, were borrowed from the Vatican and the Queen.

News in brief

CITY HALL Auditor general Alain Lalonde is recommending the city's fraud and waste hotline be expanded to the general public. In a memo to council, city manager Kent Kirkpatrick wrote he agreed with the principle of expanded accountability, but noted the public currently has the opportunity to call in concerns and comments about city services through the 3-1-1 contact centre and the client service centres. METRO OTTAWA

metronews.ca
WHAT'S ONLINE TODAY

Video Footage from the coast guard's dramatic rescue of a sinking Spanish trawler's crew at **metronews.ca/canada**

Blogs Love Bytes offers up advice on breaking up

Video Afghans chant "death to Canadians" after blast kills two children at **metronews.ca/canada**

Lotteries

Ontario Pick 3: 8 3 3; **Ontario Pick 4** : 4 7 1 0
Encore: 2445674
Daily Keno: 3, 4, 8, 9, 10, 12, 24, 25, 34, 37 43, 45, 48, 49, 52, 56, 61, 62, 63, 64
These results are not official.

Hidden job market is key: Expert

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

ECONOMY In an economic environment where many high-tech companies are laying people off or going bust, the competition for jobs is increasing, but there are still plenty of good jobs out there for people who know where, and how, to look.

"All the jobs that are posted are being flooded by thousands of other people."
Michelle Iseman

"They're hidden. They're not easily obtainable and you have to have really good skill set match to that job," said Michelle Iseman, operations manager with Vitesse Re-skilling Canada, a not-for-profit organization that helps connect knowledge sector workers and employers.

"The only way to get a job now is to find it through the hidden job market. All the jobs that are posted are being flooded by thousands of other people."

In the wake of the Nortel collapse, areas like telecom might be struggling, but Iseman said there is still solid growth in open-source programming, social networking websites and wireless media.

Nearly 20,000 high tech employees were laid off in Ontario in 2008, so competition for positions is fierce.

Iseman said applicants need to finesse their way around human resources officers and speak directly with the technical hiring manager to get a sense of what skill set the company needs.

"You have to be a little bit forceful in the way you are going about it, because if you are asking for something, you are begging. Begging for a job is not the way to get one," she said.

This afternoon, Vitesse is hosting a job fair in its Kanata office. Already, 160 individuals and more than 15 companies are registered to attend.

Iseman said the fair is a networking opportunity for applicants to get a sense of what the market is like and target their training and education for those positions.

Coming back to cooking

FOOD While the recession may wreak havoc on Canadian pocketbooks, it might actually benefit rising cholesterol levels, celebrity chef David Adjey said yesterday.

David Adjey

"In a weird way, I think it could help," said Adjey, who has appeared on the Food Network and launches his new show, Restaurant 101 with David Adjey, this fall.

"I think people are spending less money at restaurants and having more old-fashioned dinner parties at home. We went through a decade of extravagance and we're coming back to core values."

This includes cooking for families and loved ones and spending time at home, which often involves healthier food choices than eating out.

Even in a time of recession, spending on quality food is still important, said Adjey, who was in Ottawa yesterday to talk about healthy eating.

"Everyone talks about the economic downturn," said Adjey. "But it doesn't matter if the economy is good or bad, we all need to eat healthy. Next to breathing, it's the most important thing that we do."

Adjey — who has become a household name after appearances on Restaurant Makeover, Ready, Set, Cook and Iron Chef America — recently contributed recipes, cooking and health tips to cholesteroltargets.com.

TRACEY TONG/METRO OTTAWA

Mandate expands direction of cancer-fundraising dollars

HEALTH This June, participants in Ottawa's fifth annual Weekend to End Breast Cancer can make an even bigger difference with their fundraising.

While funds used to be automatically designated to the fight against breast cancer, participants now have the option to direct their dollars to fighting ovarian, cervical or uterine cancers.

Organizers also recently announced a one-day event to take place alongside the regular two-day event, which will be held June 5-7, will see thousands of people walking 30 or 60 kilometres.

Funds raised will go directly into local research initiatives to find better ways to treat cancer.

"This event has been incredibly successful and we now want to broaden its scope and increase participation to make an even bigger impact and affect more lives," president and CEO of the Ottawa Regional Cancer Foundation Linda Eagen said in a release.

Because research shows the link between breast cancer and other gynecological cancers, the head of Surgical Oncology and director of Gynecological Oncology at the University of Ottawa/Ottawa Hospital, Dr. Michael Fung Kee Fung, said he is "thrilled" to see the expanded mandate.

TRACEY TONG/METRO OTTAWA

'Métis Prince' dies
Joe Mercredi, an aboriginal advocate, former newspaper publisher, and historian in the Northwest Territories, died over the weekend, CBC.ca reports. He was 71. Often referred to as the "Métis Prince," Mercredi founded the original Northwest Territory Métis Association in 1970. METRO NEWS SERVICES

Canada

Cops make huge pot bust

Winnipeg police say they put a dent in the city's marijuana trade by seizing 1,200 pot plants in two raids, CBC.ca reports. Yesterday police recovered 98 plants at a home west of the city's downtown. On Saturday, a bust turned up 1,100 plants at a location on the same street. Total street value of marijuana from the plants is estimated at more than $1.3 million. METRO NEWS SERVICES

MP plans work crackdown

FOREIGN LABOUR The federal government intends to bring in new regulations to punish employers who exploit foreign workers by forcing them to toil in poor working conditions for low pay.

The new rules, expected by the end of March, would prevent employers with repeated violations of labour laws from being allowed to bring in foreign workers, Immigration Minister Jason Kenney said.

"I will be coming forward with draft regulations later in the spring to look at ensuring that the employers who abuse the system, a small minority, are ineligible to use it," he said in an interview.

But Kenney said the government has no intention of turning off the tap on foreign workers to fill jobs in Canada, despite the rising unemployment.

"The worst thing we can do in a period of economic slowdown is to starve those businesses that have labour needs," he said.

TORSTAR NEWS SERVICE

News in brief

COURTS First Nations leader David Ahenakew, 75, who called Jews a "disease" was found not guilty yesterday of willfully promoting hatred, but the judge said the comments were "revolting, disgusting and untrue." REUTERS

INQUIRY An RCMP officer who confronted Polish immigrant Robert Dziekanski the night he died after being Tasered by police at Vancouver airport testified yesterday that he feared for his safety, CBC.ca reports. METRO NEWS SERVICES

PM: Recession hinges on U.S.

Prime Minister Stephen Harper, voicing deep concern about the financial system in the United States and other countries, said yesterday he could not see how the current recession can end until they are fixed.

"We're obviously all hugely worried about the American financial system and about the financial system of some other countries," the Conservative leader said in an interview in New York with Fox News.

"Frankly ... until that problem gets fixed, it's hard for me to see how we're going to turn the corner on this recession that we're in now."

He also said Canada did not have the same financial sector problems as in the United States.

"We haven't had to bail out any of our financial institutions. We don't have the mortgage problem. Certainly, we have a downturn in our housing sector, but it's not structural. There will be no government bailout of mortgages in Canada," the prime minister said. REUTERS

CHIP EAST/ REUTERS

Prime Minister Stephen Harper, left, meets with United Nations Secretary General Ban Ki-moon at the UN Headquarters in New York yesterday. Harper said in an interview that Canada does not have the same financial sector problems as the United States.

Anger really can kill you: U.S. study

Anger and other strong emotions can trigger potentially deadly heart rhythms in certain vulnerable people, U.S. researchers said yesterday. Previous studies have shown that earthquakes, war or even the loss of a World Cup Soccer match can increase rates of death from sudden cardiac arrest, in which the heart stops circulating blood. REUTERS

World

Rice signs book deal

Condoleezza Rice has agreed to a book deal with Crown Publishers, starting with a memoir of her eight years of service under former president George W. Bush. The first book is tentatively scheduled to appear in the fall of 2011, Crown said in a statement Sunday. It would be followed a year later by a second book about her upbringing in Alabama. REUTERS

Detainee blames U.S., Britain for torture

A British resident held at Guantanamo Bay for more than four years returned to Britain a free man yesterday and accused the U.S. government of inflicting "medieval" torture on him — with British collusion.

Binyam Mohamed, an Ethiopian citizen with British residence, was returned on a charter flight after the U.S. government agreed last week to a British request to free him. All charges against him were dropped and he was never tried.

He is the first Guantanamo Bay detainee to be freed since U.S. President Barack Obama came to power with a pledge to shut the prison.

Mohamed, 30, said he was "neither physically nor mentally capable" of facing the media after nearly seven years in captivity, but in a statement he denounced the actions of the U.S. government.

"I have been through an experience that I never thought to encounter in my darkest nightmares," the statement read.

"It is difficult for me to believe that I was abducted, hauled from one country to the next, and tortured in medieval ways — all orchestrated by the United States government."

Mohamed began his detention in April 2002 when he was seized at an airport in Pakistan for trying to travel on a friend's passport. He was held for four months, during which time he said he was tortured and abused by Pakistani intelligence agents in the presence of British intelligence officers.

In July 2002, he said he was taken to Morocco on a CIA plane and again tortured and abused for 18 months before a transfer to Afghanistan and then finally to Guantanamo Bay in September 2004.

"The very worst moment came when I realized in Morocco that the people who were torturing me were receiving questions and materials from British intelligence," Mohamed said. REUTERS

Justice to come?

- Britain's attorney general has said she will see if there is evidence to order an investigation into the actions of the British government in Binyam Mohamed's case.
- Mohamed's lawyers said they could not rule out bringing a lawsuit against the British government, and human rights groups are calling for a public inquiry.

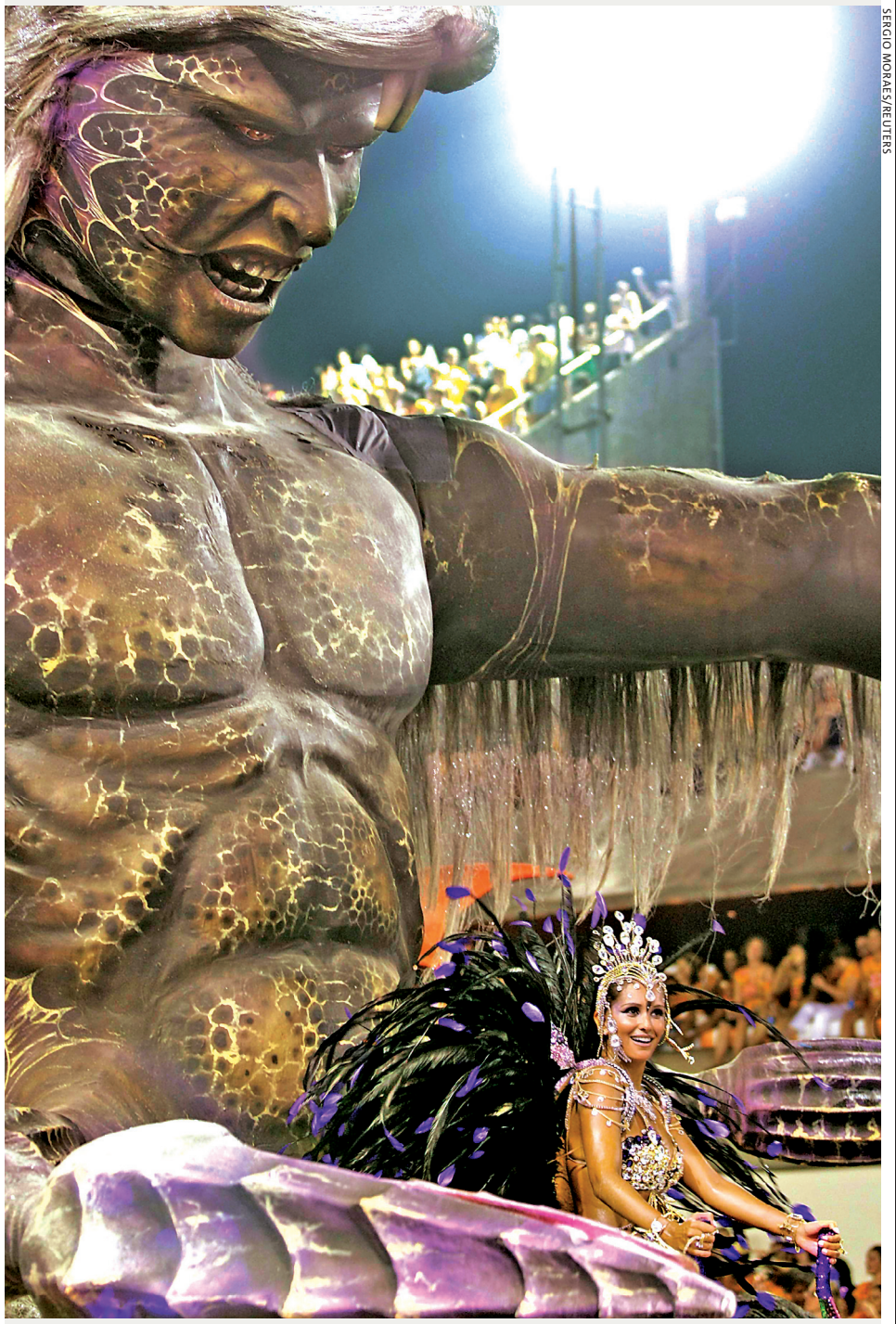
Deficit to be halved in 4 years: Obama

WASHINGTON U.S. President Barack Obama pledged yesterday to cut the ballooning U.S. budget deficit by half in the next four years and said the country would face another economic crisis if it did not address its debt problems soon.

Obama, who rolls out his first budget Thursday, emphasized he inherited a $1.3-trillion US deficit when he took office and said interest payments in 2008 alone hit $250 billion, which is three times more than the country spent on education.

"We cannot and will not sustain deficits like these without end," he said. "Today I'm pledging to cut the deficit we inherited by half by the end of my first term in office." REUTERS

Brazil **Now that's a float**



SERGIO MORAES/REUTERS

A reveller of Beija-Flor Samba School dances atop a float during the first night of the Carnival parade in Rio de Janeiro's Sambadrome yesterday. The nationally televised annual parades, featuring up to 5,000 dancers each, is a serious competition for the top samba schools, judged on choreography, atmosphere, organization and singing, among other points.

Colombian 'narco-subs' running cocaine to U.S.

DRUGS Packed with cocaine and grimly christened "coffins," sleek jungle-built submarines are steaming their way north from Colombia through Pacific waters to deliver tons of illegal drugs headed for the U.S. market.

Skimming just below the water line, with only a glimpse of a glass-enclosed cockpit or metal tubes visible from above, the semi-submersibles are the latest shipment method used by trafficking cartels to try to elude detection by authorities.

It is estimated that some 60 to 75 of the fibreglass vessels, also known as "narco-subs" and capable of carrying upward of eight tons of cocaine when fully loaded, are built in clandestine jungle shipyards in northwest Colombia every year. REUTERS

Fleet capacity

- Colombia's fleet of "narco-subs" is big enough to handle almost all of the country's annual exports of cocaine, estimated by United Nations monitors to total about 600 metric tons a year.

Police hold 11 for questions after fatal bombing in Cairo

SUSPECTS Egyptian police have detained 11 people for questioning about the bomb that killed a French teenager and wounded at least 21 people near a popular tourist bazaar in Cairo on Sunday, police sources said yesterday.

The sources did not say if the police had any hard evidence against the detainees, who are all Egyptian. After security incidents, Egyptian police usually cast their net wide and then release most of the people they question.

The wounded included 13 French tourists, three Saudis, one German and four Egyptians.

No one has claimed responsibility and analysts said the bomb was probably the work of a small group of disgruntled Egyptians, similar to the one that carried out two operations in 2005. REUTERS

Bright clothes banned for workers

CHINA Public servants in the gritty central Chinese city of Zhengzhou should not sport "unnatural hair styles" or wear clothes that are too colourful, according to new city regulations.

From now on, Zhengzhou city officials should make sure their clothing matches and stay away from bright color schemes, the regulations specify.

No specific breach triggered the latest set of rules, which are "designed to improve the image of our public servants," an official at Zhengzhou's central government office said. REUTERS

News in brief

ALGERIA Nine security guards were killed in an attack on an engineering site near a coastal town east of Algiers late on Sunday, local witnesses and media said. The daily El Watan newspaper reported that a mortar bomb was fired at the guards' quarters before the compound was assaulted by a large number of "terrorists."

MEXICO The entire local police force in the Mexican beach resort town of Zihuatanejo walked off the job yesterday, demanding better pay and benefits to compensate for the rising dangers they face from drug violence. More than 500 police officers were killed last year in clashes between rival drug cartels and security forces across the country. REUTERS

Rough ride for economy in 2009: Bank of Canada
The Bank of Canada said yesterday the economy faces a "difficult" 2009, but repeated that the recovery will be supported by the past depreciation of the dollar and by timely monetary and fiscal policy. Real gross domestic product is expected to drop 1.2 per cent. REUTERS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Down, down, down

Markets tumble on falling oil prices, poor retail sales

Another day, another nasty tumble.

After a dismal eight per cent drop last week, investors were looking for any signs of stability in the economy to break the market's fall. Instead, oil prices continued to tumble, talk about U.S. bank bailouts escalated, and a reading on Canadian retail sales showed consumers are keeping their wallets shut.

Investors scrambled for the exits yesterday as fears about the extent of the U.S. economic slowdown dragged the Toronto Stock Exchange to its lowest point of this cycle while the New York Stock Exchange hit 12-year lows.

"The market really needs something to grab onto to rule out a never-ending recession." CIBC economist Avery Shenfeld

"It's the steady diet of ugly economic news and concerns about the U.S. economy, which is spilling over into bearish sentiment in the markets," said Avery Shenfeld, senior economist at CIBC World Markets.

Toronto's S&P/TSX composite index lost 302.32 points to close at 7,647.67 yesterday, marking a third straight day of declines. It blew past the lowest point of this market downturn, which was set last November 20 when it fell to 7,725.76 points.

Meanwhile, New York's Dow Jones industrials fell 250.89 points to 7,114.78, partly on concerns the U.S. government will move to nationalize parts of the financial sector, such as troubled banks Citigroup and Bank of America.

"The market really needs something to grab onto to rule out a never-ending recession," said Shenfeld.

But all it got was bad news yesterday as Canadian retail sales plunged a deeper-than-expected 5.4 per cent in December, taking their steepest monthly slide in more than 15 years, according to Statistics Canada.

Led by sharp declines in new car sales, the figure was double analysts' consensus forecast and came on the heels of a 2.4 per cent drop in November. December sales plummeted as consumers cut holiday spending on clothing and accessories, the federal agency said.

TORSTAR NEWS SERVICE

GM on the right track with aid plan: Clement

AUTOS The Canadian arm of General Motors Corp. is on the right track as far as its restructuring plan is concerned, but serious discussions will still be required before the struggling automaker qualifies for emergency aid, Industry Minister Tony Clement said yesterday.

The Canadian wings of GM and Chrysler presented their proposals last Friday to Ottawa to back requests for repayable loans to help them survive the steep industry downturn.

"We have to go through their numbers to see exactly what they have planned for the Canadian plants ... but we've certainly got the skeletal structure of what they're going to do," Clement told the CBC.

Buck stops here

- The estimated $10 billion in provincial and federal funds being sought by General Motors and Chrysler will be all the automakers get, Ontario Premier Dalton McGuinty says.

TORSTAR NEWS SERVICE

Clement also said he was encouraged by the additional "long-term viability plan" forwarded to him by Chrysler Canada over the weekend. The report was submitted to the U.S. Treasury earlier in the week in its request for U.S. aid.

Neither company asked for a specific dollar amount in their plans for Canadian aid. REUTERS

Abu Dhabi state firm bids for Nova

TAKEOVER Abu Dhabi state-owned International Petroleum Investment Co. launched a $500-million US takeover bid for Nova Chemicals Corp. yesterday, a friendly deal to rescue the raw plastics maker from severe financial pressure due to its high debt.

Under the deal, valued at $2.3 billion, IPIC is offering $6 a share for all of the outstanding shares of Nova Chemicals.

Nova shares surged $5.14, or 310 per cent, to $6.80 in Toronto.

Nova is known for plants that make ethylene, polyethylene, styrene and its derivatives. The global economic downturn has cut demand for such materials. REUTERS

In brief

AUTOS Ford Motor Co. reached a tentative deal with the United Auto Workers that would slash cash payments for its retiree health care. Meanwhile, European governments ruled out rescue plans for General Motors units Opel and Saab.

FRAUD Canada's banking and insurance regulator said yesterday it has limited the activity of Stanford International Bank Ltd.'s office in Montreal to help clients trying to recover assets. Allen Stanford was charged by U.S. regulators for running an $8-billion US fraud. REUTERS

Airlines **Porter flying high**

MARK BLINCH/REUTERS

President and CEO of Porter Airlines Robert Deluce poses in front of a Bombardier Q400 turboprop aircraft in Toronto yesterday. Just two years after launch, niche airline Porter Airlines now flies routes to eight cities in eastern Canada and the United States. It remains profitable and is gearing up for expansion at a time when industry rivals are strapped for cash.

OMERS pension fund reports $8B loss

PENSION OMERS Administration Corp., one of Canada's largest pension funds, reported yesterday a loss of more than $8 billion for 2008, hurt by the global economic downturn.

The pension fund, which represents about 390,000 retired and working municipal employees in the province of Ontario, reported a negative 15.3 per cent total rate of return for 2008, compared with a positive return of 8.7 per cent in 2007.

"The financial crisis ... happens once in a lifetime." Michael Nobrega, OMERS CEO

OMERS said its net investment loss totalled $8.01 billion for the year on its $44-billion portfolio of net investment assets, compared with a profit of $3.94 billion in 2007.

"The financial crisis that devastated world markets in 2008 happens once in a lifetime," OMERS chief executive Michael Nobrega said in a statement, adding that the company did not "escape the downturn" as global equity markets sank 30 to 40 per cent.

The fund said it was spared a much steeper loss by the performance of its fixed income, real estate and infrastructure assets. REUTERS

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Contribute to RRSPs or TFSA?

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Q For the past six years, my wife and I contributed very little to our RRSPs. In this time, we saved the down payment for the purchase of our own home. Before the February deadline, should we make a lump sum contribution to our RRSP or the new Tax Free Savings Account? Can we transfer some existing stocks into either plan?
— Paul

A March 2, 2009, is the final date to make a Registered Retirement Savings Plan (RRSP) contribution that can be deducted for 2008. The new Tax Free Savings Account (TFSA) has a maximum $5,000 contribution per calendar year. Individuals that do not contribute to the annual limit can make up contributions a later point in time.

The RRSPs and TFSAs have very similar features with some differences:

- Both plans shelter income from investments
- Investments limitations are identical for either plan
- RRSP contributions can be deducted, not so with a TFSA
- TFSA holders can make withdrawals without being taxed. All RRSP withdrawals are taxed
- RRSP should be held for retirement, TFSA can be used to shelter short-term funds.

Reach Henry Choo Chong, CGA, at choochonghcga@yahoo.ca.

SmartCookies

smartcookies.com

Online blogs are not only a fantastic resource but they can also fill the role of virtual money group. Knowing where to start when it comes to blogs can be a tad overwhelming, so here are some favourites to get you on your way.

Getting Started

To get back to the financial basics, check out moolanomy.com. Like many other finance blogs, Moolanomy offers sound advice on topics such as investing, saving, goal setting and real estate. But what we think makes this site unique is an element called blogroll, a directory of the top personal finance and money blogs. Another feature to check out is the freebie section that allows you free access to online money magazines and books.

Riding the Recession

Saving Your Time and Your Dough

These days, time is money. For creative ways to save on both, take a peek at lifehacker.com. This site offers clever solutions for a variety of everyday trials and tribulations, as well as more efficient ways to get things done, so you can work less and enjoy life more.

In one post, we learned how to pack an entire vacation's wardrobe in a single carry-on bag, saving money on baggage fees (not to mention the money saved on Tylenol that accompanies lost luggage). In another post, we learned that the real cost difference between making homemade laundry detergent and buying it in for the grocery store is just pennies — translation: Buy your detergent.

Money News While You Move

If podcasts are more your style, check out fundadvice.com/sound-investing/. This weekly radio show was just voted "Best Money Podcast" by Money Magazine.

Sound Investing is perfect for the Smart Cookie on the go — you can simply download the latest in money matters straight to your iPod. For the novice investor this might seem like heavy information at first, but stick with it and you're bound to be impressing all with your savvy investment knowledge in no time.

Fashionista Turned Recessionista

And last but not least, check out Vancouver blogger May Globus. In her blog confessions-of-a-fashion-fanatic.blogspot.com, May offers advice on how to maintain a sense of style that fits within your newly adjusted spending plan. She highlights great finds from popular fashion houses. At the end of the day, you don't need to spend a ton of money to look polished, professional and stylish. All it takes is a little creativity, some resourcefulness, and someone in your back pocket who is on the pulse of style.

For more money-saving tips, tune into the Smart Cookies on the W Network — Monday nights at 10:30 p.m. PST/EST. If you have questions, email us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

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Comment & Views

Comment

Media melts over Obama

NationalReport

Lawrence Martin

Just being in the presence of Barack Obama elevated the stature of Stephen Harper last week.

It looked as though our prime minister had more purposes in life other than beating political opponents to death. One of his former cabinet ministers, Monte Solberg, has been saying that Mr. Harper needs a vision for the country, something other than damage control. Maybe this president can inspire him to think in loftier terms.

Mr. Harper handled himself impressively in his press conference with the new American megastar. Little of substance was accomplished at their meeting — unless you wish to count that breathtaking committent to a new clean-energy dialogue. But the media didn't challenge the two leaders to demonstrate concrete signs of progress. All that mattered was atmospherics and, from that point of view, the meeting was a robust success.

Tough questions? Forget about it.

Barack Obama arrived right on the heels of committing another 17,000 troops to Afghanistan. For a president promising a new way, the escalation of a war as the first major foreign policy act was somewhat jarring. Haven't we seen this movie before, someone might have asked him. A president ups the ante, a war drags on, a president can't recall the troops for fear that he and his country will look weak. The quagmire scenario results.

Afghanistan, if history is any indication, does not submit to foreign occupation. Our own little Canadian experience, Mr. Obama might note, is just another added bit of evidence.

No one wanted to spoil the fun ... What resulted was a good summit, made all the better by media compliance.

On the business of war, Mr. Harper escaped any questioning on his apparent reluctance to take issue with Guantanamo, specifically in the case of the Canadian, Omar Khadr. Mr. Obama has moved, thankfully, to shut down Gitmo, that appalling vestige of the Bush administration.

The issue of the NAFTA-gate controversy, the Canadian government's bit of leakage that hurt Mr. Obama during his primaries' battle with Hillary Clinton, fortunately did not come up. It would have required some fancy footwork on the part of our PM. Nor did many other big differences between the two leaders — such as their positions on the Iraq war — impinge on the most friendly proceedings.

Bilateral relations were fantastic, the president and the prime minister said, not pausing to note that, for the first time in our history, passport requirements and armed men have become staples along the world's longest undefended border.

No one wanted to spoil the fun by pointing this out as well as a lot of other things. What resulted was a good summit, made all the better by media compliance.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

MICHAEL DE ADDER

Metro Online Poll Results

81% SAID YES	Was Hugh Jackman a good choice to host the Oscars? *Weigh in on today's question at metronews.ca*	19% SAID NO

Views

Let's all give thanks to the hard-up CEOs who forego their stock options

Charles Davies
Veteran Business Writer

One can imagine the heart-rending scenes that have taken place in Canadian bank board meetings of late. CEOs, overcome with attacks of guilt and propriety, plead with their fellow directors: "Please sirs, cut my pay, slash my bonus, and rip the stock options from my hands. How can I eat cake while my customers starve?"

The directors balk, arguing that the CEO has done an extraordinary job of piloting a complex institution in difficult times. He has earned his fulsome compensation, they say, but then they grudgingly accede to his request. After all, it's optically better to be seen as public-spirited than parasitic — like those shameless U.S. investment bankers who use public bailout money to refurbish their offices — in a time of economic crisis.

One would like to think bank CEOs, indeed all corporate managements, are awakening to something bigger, however. It's the notion that business shouldn't always be purely about maximizing profit and shareholder value, or taking home the biggest compensation package, whatever the consequences.

Corporations, like it or not, are part of the social fabric, and they concede as much through their community involvement and philanthropy.

Particularly in hard times, it's fitting that companies temper the desire for growth and profit with concessions to the greater good.

For some companies, that might mean not having as many layoffs as possible; for others, it could be taking a pay cut.

It's your turn to tell others what you think. Email your thoughts and opinions to: ottawaletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Delaying retirement

According to an RRSP poll by RBC, 28 per cent of Canadian boomers plan on delaying their retirement due to current economic conditions; 43 per cent say their retirement has been delayed between one and two years. METRO NEWS SERVICES

RRSP Guide

'Indulgences' add up

According to the annual TD Waterhouse RSP poll, women spend about $25 a week on "indulgences" — which could include a daily latte or eating out once a week. If you were to put that into an RRSP, it could add up to nearly $200,000 in savings (for a women in her late 20s who plans to retire at age 65). METRO NEWS SERVICES

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Financial freedom

More women looking to take control of their future

ROBYN YOUNG
for Metro Canada

The number of women planning for their retirement is on the rise, a recent survey by Desjardins Financial Security found.

Financial planning is getting to be as hot as last year's skinny jean, but fortunately, it looks good on just about everyone.

A recent survey of Canadian women regarding their financial futures, conducted by Desjardins Financial Security, found that the number of women planning for retirement is on the rise.

While financial planning has traditionally been left up to the men, only 20 per cent of women questioned admitted they have little or no interest in preparing for retirement compared with 27 per cent of men.

Laura Rossiter, a consultant with Investors Group Toronto Midtown, says she's seeing more of a sense of urgency among her female clients to make sure their financial houses are in order.

"Women are getting involved and have the desire to learn and educate themselves and gain financial independence," she said.

Still, there seems to be an intimidation factor that keeps Canadian women from seeking help.

State Farm Insurance commissioned their own survey in December to find out how well-prepared Canadian women are for the future.

While 80 per cent felt it was important to prepare for their financial future, almost 40 per cent felt that they were falling short and didn't feel secure.

Pete Karageorgos, spokesman for State Farm, said women recognized they needed advice but were reluctant to seek it out. Rather than working with professionals, the majority of those surveyed said they sought financial advice from friends, family members or spouses, and even then, were reticent.

"Forty-two per cent of women said they found going to the dentist less excruciating than talking to their spouses about their daily finances," Karageorgos said.

Rossiter, who majored in women's studies before entering the field of finance, says women should not feel intimidated by financial planning.

"Moving forward really gives a strong sense of empowerment," she said.

She recommends women seek out a financial adviser they feel comfortable with.

It's also important women review simple things like credit card balances, chequing accounts and purchasing habits, Karageorgos said.

"Figure out where you're spending your money and that'll help identify areas where you can cut expenses," he said.

Whether married or single, it's imperative women get a handle on their finances, Rossiter said, because you never know what the future will bring.

"If you don't plan for certain circumstances, then you're going to be caught off-guard and left out in the cold," she said.

"You're planning for the future and this is the best thing you can do for yourself."

Getting help

Where to look for financial advice:

- Make an appointment with a personal banker at your own bank branch
- Consult your home or car insurance broker, they may also offer financial services
- Seek out a financial adviser

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Survey says...
According to the second BMO Savings Monitor survey, 25 per cent of respondents will not contribute to their RRSP this year, while one-third plan on cutting back on their contribution. METRO NEWS SERVICES

Planning key for next year

RAFAEL BRUSILOW
for Metro Canada

Even if you're going to miss the March 2, 10:30 p.m. deadline to contribute to your RRSP, experts say you shouldn't let yourself get discouraged.

Whether because of procrastination, a tough financial situation or another factor, missing the RRSP deadline can feel like a painful setback.

Scott Ward, a financial adviser with Edward Jones, says the most important thing after missing an RRSP contribution deadline is to make sure you don't do it again by analyzing why you weren't able to put away the necessary money.

"Make a budget. Take a real close look at what expenses you've got going out every month and what's preventing you from saving for your retirement," Ward said.

Even making a small adjustment, like eating out less, can have a profound effect on saving you enough money to put towards your RRSP.

Mark Coutts, a certified financial planner with Sun Life Financial, says saving a little money on a monthly basis is a better strategy than trying to dump a large sum of money all at once into your RRSP when the deadline looms. If you dropped the ball this year, plan to make your RRSP contribution a monthly commitment next year — after all, you're in this for the long term.

"If you miss the deadline, you've got the entire year of 2009 to look to the future," Coutts said.

Ward suggests that even if no new money is coming into your RRSP this year, now is a good time to review your portfolio and ensure your money is working for you. Speak to your adviser to figure out if you should make adjustments to your investments.

Coutts says that while missing the contribution deadline can hurt, remember that there are other investment alternatives like the Tax-Free Savings Account, a Registered Education Savings Plan for your kids, or putting money towards your mortgage.

If you're feeling pessimistic about your savings, Ward says the best thing is to keep your chin up and continue to plan your RRSP strategically.

"Everything's a cycle. Things will recover and you want to be positioned to take advantage of the eventual recovery," Ward said.

Experts offer last-minute tips for investors

RAFAEL BRUSILOW
for Metro Canada

The RRSP deadline is fast approaching but you still have time to make a smart decision.

Scott Ward, financial adviser with Edward Jones, and Mark Coutts, a certified financial planner with Sun Life Financial, offer the following tips:

Don't fly blind: Make sure you look at your notice of assessment so you know exactly how much contribution room you have so that you don't put in too little (and lose an opportunity) or too much (and suffer penalties).

Stick to what works: The last minute is not the right time to try untested strategies or investments.

"It's important not to get swayed off your plan — stick with your original strategy," Coutts said.

Don't make rash decisions: Buying the wrong investments with your RRSP money just to "get it in" can lead to bad choices.

"If you're in a rush, put the money in, but don't lock it into anything right away. Sit down with your adviser and make the appropriate long-term decision when you have the time," Ward said.

Leave breathing room: Don't leave every detail until the last minute since there will be others vying for your adviser's time.

"It's like Christmas shopping — there'll be a lineup," Ward said.

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Mike Richards tops Three Stars

Philadelphia Flyers forward Mike Richards, Florida Panthers goaltender Tomas Vokoun and Chicago Blackhawks goaltender Cristobal Huet were named the NHL's Three Stars for the week ending Feb. 22. METRO NEWS SERVICES

Sports

Pistorius recovering

South African double-amputee sprinter Oscar Pistorius is expected to be moved out of intensive care within a few days and may be able to return home as he responds to treatment for an injury sustained in a boating accident over the weekend. Pistorius, nicknamed the Blade Runner, had his legs amputated below the knee when he was 11 months old because he had no fibulas. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Lemieux's second wind

PERRY LEFKO
for Metro Canada

More than once in his career, Claude Lemieux has proven to be a renaissance man.

But few could have imagined he'd re-invent himself again as a National Hockey League player at age 43 and having been away from the game for more than five years.

After playing for parts of 20 years in the NHL before retiring after the 2002-03 season with Dallas, Lemieux made his return in January after the San Jose Sharks signed him to a contract. The Sharks had signed him to a minor-league contract in November with their American Hockey League team in Worcester, Mass., following a stint with two teams the Sharks own and operate in Asia.

Lemieux made the comeback feeling he still had something to contribute to the game, and to show a side of him to his two kids from his second marriage who really hadn't seen him play before.

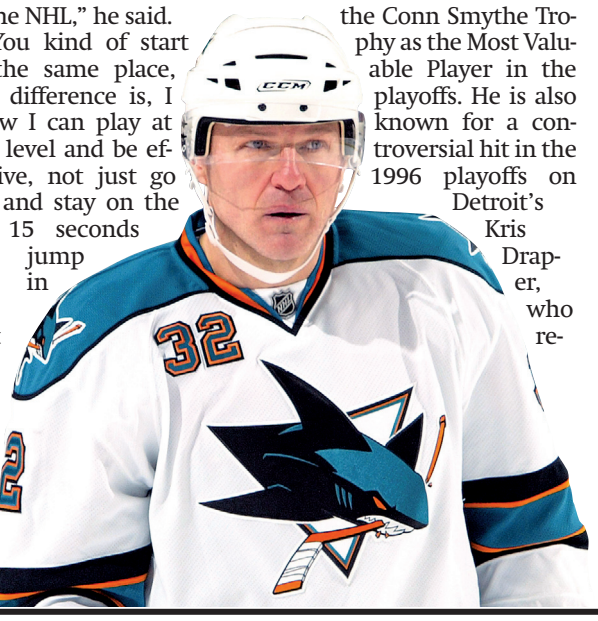
Though Lemieux is playing only a few minutes a game on the Sharks' fourth line, he is enjoying the new lease on his hockey life.

"It reminds me of what it was like when I first started in the NHL," he said.

"You kind of start in the same place, The difference is, I know I can play at this level and be effective, not just go out and stay on the ice 15 seconds and jump off in fear that something happens. I can really impact and be effective, so that makes me feel really good."

Three times in his career he has scored more goals in the post-season than in the regular season. He is also one of only four players to win Cups with three different teams.

In 1995, he was awarded the Conn Smythe Trophy as the Most Valuable Player in the playoffs. He is also known for a controversial hit in the 1996 playoffs on Detroit's Kris Draper, who required major surgery after crashing face first into the boards.



"I hit a player that was there"
Claude Lemieux on Kris Draper

The Red Wings exacted revenge on Lemieux in Detroit in a regular-season game the next season.

When apprised of Lemieux's comeback, Draper told the Detroit News he wished him luck. Draper also said he has put the hit in the past.

Lemieux will face Draper for the first time since his return when the Sharks play in Detroit tomorrow in a game featuring the top two teams in the Western Conference.

"I don't think it would serve a good purpose to try to fuel the fire or stir things up," Lemieux said. "I always said 'I never hit Kris Draper.' I hit a player that was there. I never went after him."

Jays' Wells out for four weeks

Vernon Wells reported to Jays spring training last week looking to all like he was in great shape.

He cut the usual figure of a star athlete, and it was augmented by a new twist in his approach for the upcoming season — the hiring of a personal trainer who will work with him on a daily basis all season long.

All that — and his status for not only the opening of the Grapefruit League tomorrow, but potentially for Opening Day — was thrown into uncertainty yesterday when the Jays revealed their centrefielder suffered a recurrence of the hamstring injury that plagued Wells last season.

"He tweaked his hamstring again, he'll have an MRI (yesterday) and we'll know more (today)," Jays manager Cito Gaston said.

Wells won't be in centre tomorrow when the Jays open their Grapefruit League schedule at home against the Yankees. The question becomes how much time will he miss, and it's all but a certainty the club will take a very cautious, long term approach with Wells.

Wells

"It is …" Gaston said when asked if Wells' latest bout with hamstring trouble is a concern.

"I think the only good thing, and there's nothing good about this, but at least it's happened now. He has a chance to start the season."

Jays GM JP Ricciardi estimated Wells timetable to reach as high as four weeks.

"It's preliminary right now, but it could be four weeks," Ricciardi said.

Wells will take treatments over the next few days unless the MRI shows a much more serious condition that would require surgery. TORSTAR NEWS SERVICE

Renney out, Torts in

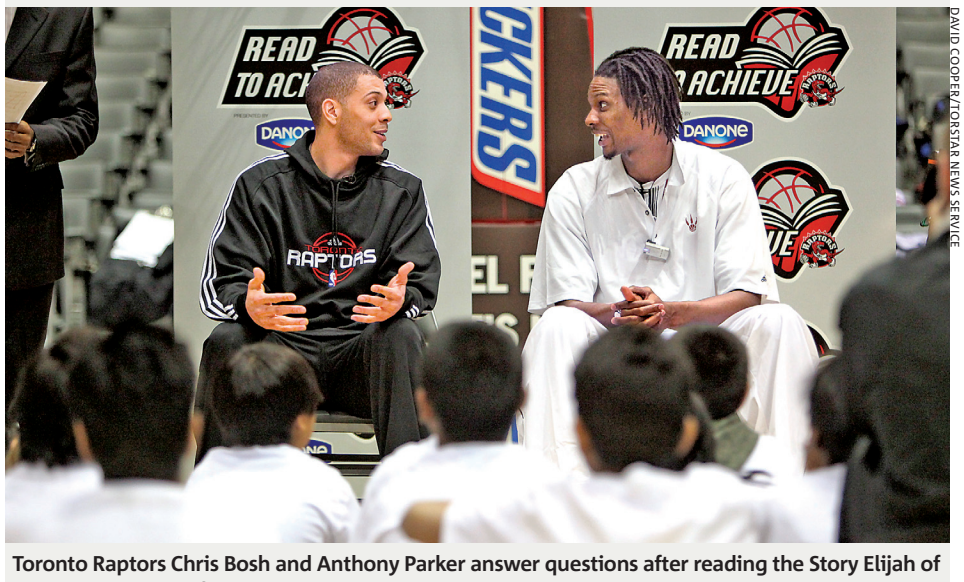
NHL The New York Rangers fired head coach Tom Renney yesterday and hired former Tampa Bay head coach John Tortorella later in the day.

Renney

Tortorella won a Stanley Cup with the Lightning in the spring of 2004, but was fired in June of 2008 with one year remaining on his contract. The Rangers, who also dismissed assistant coach Perry Pearn, have lost 10 of their last 12 games, including a 3-2 overtime setback at home against Toronto on Sunday. New York has a record of 31-23-7 and is currently 10 points behind first-place New Jersey in the Atlantic Division. The Rangers are also sixth in the Eastern Conference playoff race with 69 points, just two ahead of ninth-place Carolina. Renney becomes the sixth NHL coach fired this season.

The Rangers opened the season with five straight wins and finished October with a 10-2-1 mark, but have slid considerably since. In the past 12 games, the club has scored more than two goals just twice, and the low point came in a 10-2 setback at Dallas on Feb. 6. METRO NEWS SERVICES

NBA Raptors reading day



DAVID COOPER/TORSTAR NEWS SERVICE

Toronto Raptors Chris Bosh and Anthony Parker answer questions after reading the Story Elijah of Buxton to students from a Toronto school yesterday.

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Healthy food prices rising, report says

Tips on how to eat nutritious meals while on a budget

There are "startling discrepancies" in the cost of basic, healthy food at grocery stores across Canada, according to a report released by the Heart and Stroke Foundation this month.

Some Canadians, depending on where they live, are paying between two and six times more money for the same grocery cart of healthy foods, the report found.

The cost of a package of whole-wheat pasta ranged from $2 in Barrie, Ont., to $11.37 in Dawson, Yukon.

The discrepancies in the cost of healthy food across Canada and across provinces is startling, said Stephen Samis, director of health policy at the Heart and Stroke Foundation.

"Access to basic healthy food should be a right, not a privilege," Samis said.

Riding the **Recession**

"Yet many Canadians have trouble affording, or even finding, healthy food where they shop. This is a problem that may get worse given the downturn in the current economy."

A healthy diet is a key factor in preventing heart disease — the No. 1 killer of men and women in Canada. Studies have shown that eating a diet rich in fruits, vegetables and whole grains can reduce the risk of heart disease by 30 per cent.

For Canadians looking for more ways to cut back on spending, but not nutrition, registered dietitian Amanda Schwartz offers these tips:

• **COOK SEASONALLY** Fruits and vegetables that are in season are cheaper than off-season fare. In the winter season try buying cabbage, carrots, garlic, kale, leeks, onions, parsnips, apples, kiwi, bananas and oranges.

• **PURCHASE FOODS THAT PROVIDE MORE BANG FOR YOUR BUCK** Examples of fruits and vegetables that provide a high nutrient to price ratio include cabbage, carrots, oranges, bananas, frozen and canned fruits and vegetables.

• **HAVE BREAKFAST FOR SUPPER** Eggs are a great, less expensive source of protein that can be eaten at any meal. Try making an omelet with a plethora of colourful vegetables and include whole grain toast or a sweet potato for a well balanced and filling dinner.

• **DO THE PREP WORK** Bagged salad mixes and pre-chopped produce may save time but that extra convenience will cost you.

• **MAKE YOUR OWN SNACKS** Popcorn is one of the most commonly recommended snacks by dietitians and is a snap to make. Buy an air-popper and make your own air-popped pop corn for a great low calorie snack. Also, try making your own trail mixes by getting walnuts and almonds and other nuts from the bulk bins and include dried fruits and pretzels.

• **SHOP WITH A BUDDY** If you live alone try buying bulk-sized items and splitting them with a friend(s).

• **USE COUPONS** Check out weekly fliers for great savings. METRO NEWS SERVICE

When grocery shopping, look for foods that provide more bang for your buck like products that are high in nutrients.

It's condom month: Protect yourself

The J Spot
Josey Vogels
Sex talk with Josey

With all the focus on love and romance this month, I almost forgot the fact that February is also condom month. But there's still a week to celebrate. Maybe I'll buy a box, blow them up and bounce them around the room like I did with my high school sweetheart to ease our nervousness the first time we had sex.

Condoms have come a long way since then. These days, condoms come ribbed, textured, ultra-thin, extra large, low-odour, specially designed for her pleasure, the list goes on.

So why is it, with so many condoms to choose from, so many of us still aren't using them? According to sexualityandu.ca, a Canadian sexual health information website, "of sexually active adults aged 20 to 24, 44 per cent reported having sex without a condom, 33 per cent of those aged 18 to 19 and 22 per cent of those aged 15 to17."

Not surprisingly, rates of sexually transmitted infections (STIs) like chlamydia, gonorrhea and syphilis have all increased in recent years. Higher rates are no doubt also due to increased awareness resulting in more people getting tested but still, last time I checked, unprotected sex is the only way you can acquire an STI.

Why is it, with so many condoms to choose from, so many of us still aren't using them?

Sadly, we come up with all kinds of reasons not to practise safer sex. Fear, for one — fears that are greater than a nasty STIs or HIV — like the fear that, gasp, a guy might lose his erection if he wears a condom.

There are other reasons why we take the risk; in fact, in some cases, the thrill of the risk is one of them. In other cases, if you slip once with a lover and the sky doesn't fall, it's easier to slip again. Studies have even shown that people use logic as naïve as "he looked clean" or "I trusted him" as reason enough to lose the rubber.

Most of us still aren't comfortable even raising the subject. We can talk about what restaurant to meet at for a date but we can't talk about taking care of each other's sexual health. Letting someone know that you care about him or her and wanting that person to be safe should be a positive, natural thing.

But, rather than risk spoiling the moment by trying to lunge over to the bedside drawer without injury, seductively tearing open a condom with your teeth and sliding it on, all without missing a beat, it's much easier to just go with the flow and let things unfold according to your desires. And learn to live with the guilt. Hey, I'm Catholic — you can learn to live with guilt. Potentially life-threatening infections and diseases, on the other hand, not so much.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

ADVERTISING FEATURE

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VALENTINES MAY HAVE PASSED, BUT KEEP BRUSHING FOR YOUR HEART

Valentines has come and gone and with it, we had a great time to focus on the romantic affairs of the heart. Many of us may have enjoyed **the connection between the heart and the mouth** in the form of Valentines chocolates. While we have the heart and mouth connection fresh on our minds, we thought it would be a great time to discuss another aspect of that connection.

In a recent edition of their magazine, the American Association of Retired People listed a **seven step plan to help protect your heart health. Step one was brush and floss.**

It may seem to be an unusual recommendation. But the fact is that more and more studies have shown the link between good oral health and good overall health. This includes good heart health.

Some studies have focused on the **incidence of heart disease and tooth loss.** Subjects of one particularly relevant study were in the age group of 40 to 59 years.

After adjusting for different variables, the percentage of people in the study likely to have heart disease that is associated with tooth loss were as follows:

Dr. Peter Georgopolous
Dental Surgeon

• 1 to 5 missing teeth: 6.8%

• 6 to 31 missing teeth: 10.2%

• Complete tooth loss: 11.5%

When you think about it, the connection is quite easy to understand. **Tooth loss** is often **associated** with **gum disease** that has gone untreated. **Gum disease** is **associated with bacteria and plaque** that are allowed to build up on the teeth and gums.

Over time, the bacteria can literally destroy the gums and result in bone loss in the jaw. As the jaw bone deteriorates, the teeth will loosen and eventually fall out.

However, **the affects of the bacteria and plaque are not confined to the teeth and jaw alone.** As the gums become puffy, tender and more prone to bleeding, they provide that **bacteria with easy access to our blood system.** Once bacteria enters our blood system, it can **move throughout the entire body,** including the heart. The infections associated with bacteria can contribute to heart disease in some individuals.

Is it any wonder that a group representing retired persons would focus on proper **brushing and flossing as an easy way to reduce the risk of heart disease? Add to that regular visits to the dentist,** and you have a great way to reduce the build up of potentially damaging plaque and bacteria.

So, with Valentines having passed recently, lets make sure we maintain a strong connection between the mouth and the heart. Because protecting your heart by maintaining good oral health is a healthy habit…and healthy habits lead to healthy lives.

Dr. Peter Georgopolous
- Dental Surgeon

The return of Twilight
A reported release date for Eclipse, the third film in the Twilight saga, has been revealed. A source at Summit Entertainment tells MTV that Eclipse will arrive in theaters on June 30, 2010. New Moon rises in theaters on Nov. 20 of this year. **MSN.COM**

Entertainment

Taking it off

Although Oscar-winner Kate Winslet has vowed to stop taking her clothes off in movies, Hugh Hefner is holding out hope she'll grace the pages of Playboy, according to Digital Spy.
METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Mumbai celebrates after Slumdog's Oscar victory

Bollywood met Hollywood for real yesterday as Mumbai slum dwellers celebrated the triumph of Slumdog Millionaire, clapping, whooping and dancing like Indian film stars after the rags-to-riches romance swept Oscar gold.

Slumdog, an often dark but ultimately hopeful tale about a poor Indian boy who competes for love and money on a TV game show, won eight awards including best picture.

The film, shot in the teeming shantytowns of Mumbai, cast several children who live in the city's Garib Nagar slum, and who were flown to Los Angeles to attend the awards ceremony.

"I'm so happy that my daughter has won this award and I could see her on stage with such big stars," said Muni Qureshi, mother of eight-year-old Rubina Ali, who played the leading lady, Latika, as a young child.

Ali and the rest of her family live in a tiny, ramshackle home with no running water. Friends and relatives packed into the one-room house to watch the ceremony on the family's only visible sign of wealth — a large flat-screen television.

Nearby, neighbors also gathered outside the makeshift home of Azharuddin Ismail, who played the young Salim in the film.

MARIO ANZUONI/REUTERS

Slumdog Millionaire actress Rubina Ali holds the Oscar belonging to director Danny Boyle in Los Angeles on Sunday.

"The fact that a poor man's child has made such a name for himself, that's what makes me most happy," his father Mohammed Ismail said.

But Slumdog Millionaire has generated controversy in India, where some people find its name, and depiction of poverty, insulting.

Ali's mother Qureshi defended the film, saying it gave her daughter a chance to go on the trip of a lifetime.

"I know that this film has been criticized for showcasing poverty. But it has also meant that a girl from the slums of Mumbai who could not even imagine that she would go abroad has reached the Oscars, so how can that be bad?" she said. **REUTERS**

Global Troubadour

International spotlight shines on hip-hop artist K'naan

BRYAN BORZYKOWSKI
for Metro Canada

Somalia-born, Toronto-raised rapper K'naan recorded his sophomore album in Bob Marley's studio.

To many hip-hop loving Canadians, Toronto rapper K'naan is already a household name. His brilliant 2006 debut The Dusty Foot Philosopher put the Somalia-born musician on the map and his star continues to rise. But south of the border, the buzz is just beginning.

"I played a sold-out show in L.A. recently and Matthew McConaughey and Tom Morello were there," he said excitedly from a tour stop in Oakland. "I hung out backstage with Wood Harris from Wire! I don't even know how these celebrities are hearing my music."

It's safe to assume that the Hollywood crowd heard about Kanaan Warsame from the countless profiles in places like Wired, Rolling Stone and the L.A. Times, but there's also a good chance they got their hands on a copy of the artist's stunning sophomore effort, Troubadour.

Recorded in Bob Marley's Jamaican studio, the disc expands on the socially conscious sound that's turned thousands of listeners onto K'naan. He once again mines his life — from war-torn Somalia to Toronto — for material, while pushing his musical boundaries even further.

Besides rap, he tackles rock and reggae, even enlisting Metallica's Kirk Hammett on If Rap Gets Jealous for a guitar solo. "He did like seventeen guitar solos that we had to sift through and they were all great."

The diverse musical direction is definitely one of K'naan's selling points, but his passionate, and sometimes hard-to-stomach, lyrics are what drives his music. One especially gripping track is Fatima about the death of a girl K'naan knew in his hometown.

"She was the most beautiful girl in my neighbourhood," he said. "Her young life was taken (during the war) and that's never going to leave you. I had to have some space from it for years before I could do anything about that experience, but I thought it was a gift for people to hear that song about her."

It's stories like these that explains why the spotlight is shining bright on K'naan. But for many, rap revolves around the hardships in American ghettos, not war-ravaged Africa.

"I don't expect people to understand this," he said. "But there's a difference between feeling and understanding it. Music is so universal that the North Americans will feel the circumstances and get it in that way, even if they don't really understand where it's coming from."

Linda may return for fourth Terminator
Linda Hamilton is in talks to appear in Terminator Salvation. The actress confirmed rumours she is set to provide a voiceover for Sarah Connor in the fourth installment of the franchise. FEMALEFIRST.CO.UK

Women carve out influential roles in horror

New doc aims to dispel myths about female contributions to the genre

CHRIS ALEXANDER
for Metro Canada

The realm of the movie macabre has long been a ghoulish men's club, with women being depicted as either beauty to the big screen's many beasts or sexually voracious vixens.

Either way, femininity in horror is more often than not a perversion of the male id and part of this is because the ladies haven't stepped up to wrest control of the genre. But, as the new documentary Pretty Bloody: The Women of Horror proclaims, the tides are turning.

Pretty Bloody sees East Coast-based filmmakers Donna Davies and Kimberlee McTaggart profiling a gaggle of intelligent modern women who have carved out their livelihood in the world of horror, including Vancouver born scream queen and Fangoria Radio co-host Debbie Rochon and Toronto based Rue Morgue magazine editor-in-chief and human horror tattoo canvas Jovanka Vuckovic.

Jovanka Vuckovic, editor-in-chief of Rue Morgue magazine.

"Women have actually had a huge influence on the genre, and not just as the helpless victim running from the monster, but as writers, directors and producers."
Donna Davies

On TV

- Pretty Bloody: The Women of Horror airs tomorrow night on Space at 10 p.m.

"We did this film to help dispel some of the myths surrounding women and horror," Davies says about her film.

"Women have actually had a huge influence on the genre, and not just as the helpless victim running from the monster, but as writers, directors and producers."

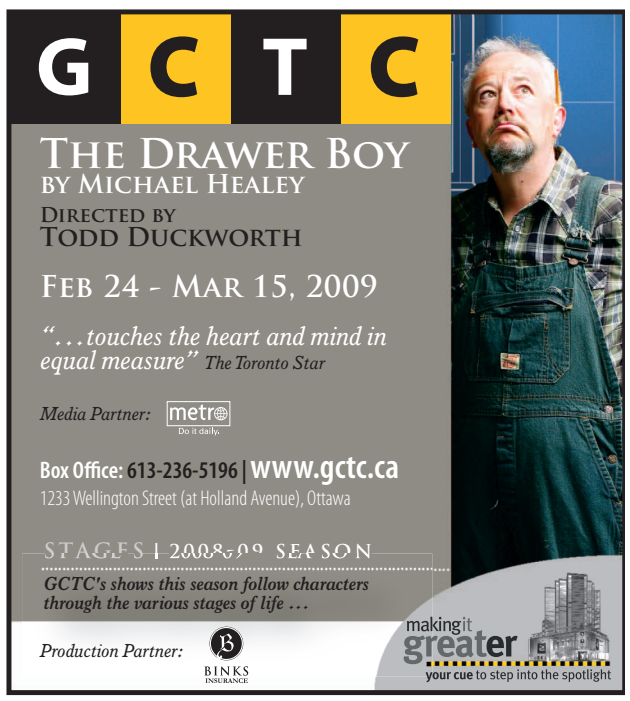
Pretty Bloody also profiles such noted fright-based females as Pet Sematary director Mary Lambert, dark fantasy writer Tanya Huff and cult actress Brinke Stevens.

In a series of in-depth, revealing and frank conversations, these sophisticated, articulate individuals speak of the struggles they've endured trying to make their mark in a mostly male driven genre and the ways in which fans have responded to their respective legacies.

"Times have changed and women are making up a large percentage of audience for these films," Davies said. "But female fans want to see a different kind of horror. They are looking for scares but want to see better developed story lines with stronger female leads that are sexy and kick butt."

Davies is also quick to note that the cathartic appeal of horror isn't necessarily gender specific, but rather a byproduct of the human condition.

"Everyone has a dark side but most of us are afraid to go there because society tells us it's wrong," she says. "So we repress that dark side and it comes out in our nightmares ... and sometimes in traffic."



TV pilots turn to recession-based themes

TELEVISION A group of friends get fired on the same day. Troubled cops check into a halfway home. A Wall Street executive loses his job and has to reconnect with his small-town family. Laughing yet?

Those are a few log lines for next fall's TV pilots — the comedy pilots. Networks are looking at recession-friendly ideas for their new half-hours, with many projects embracing characters in crisis and avoiding office settings. CBS' Waiting to Die is a "buddy comedy about two simple guys who are happy with their life, no matter how bad it might look from the outside." Fox's Two Dollar Beer is about a blue-collar couple in Detroit who "deal with the reality of their long-standing roots in this community slowly becoming less relevant as the rest of the world passes them by." REUTERS

GlobalStyle

Kenya Hunt
metronews.ca/globalstyle

OT		Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/24/09	primetime	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		The Street (N)		Stephen Fry in America (N)		Agenda-Paikin
		211	331	3	GTV	ET Canada	Entertainment	NCIS (HDTV) (N)		90210 (HDTV)		Project Runway Canada		News (N)
		-	-	5	SRC	Virginie (SC)	La Facture	Providence (HDTV) (SC)		Roxy (SC)	Grosse vie	Le Téléjournal et Les Nou		La Zone
		209	342	6	CHRO	Instant Star	TMZ (N)	Cold Case		Law & Order: Criminal Intent		Comedy Now		News (N)
		196	311	7	CTV	Hollywood	etalk	Criminal Minds "Lucky"		Criminal Minds		Law & Order: SVU		News (N)
		208	303	8	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (DVS)		CBC News: The National		The Hour
		-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser (N)		State of the Union "2009" (Live)			The Office	News (N)
		117	713	10	TVA	Les Gags	Star Académie:	La Fièvre de la danse (SC)		La Promesse (HDTV) (N) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
		-	-	11	QS	Catherine (SC)	Piégé Zézé	Dirty Sexy Money (SC)		Men in Trees: leçons		Cent dix pour cent (SC)		Msr Showbiz
		137	763	12	TFO	Panorama		Les Chemins de la profondeur		*Orfeu Negro* ★★★★ (1959, Drame) Breno Mello.				Empire
		-	362	13	CBS	Dr. Phil (HDTV)		NCIS (HDTV) (N)		State of the Union "2009" (Live)			Two/Half Men	Two/Half Men
		216	395	14	OMN2	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
		214	344	15	CITY	Law & Order: SVU		Privileged (N)		Curb-Enthsm	Curb-Enthsm	Curb-Enthsm	Curb-Enthsm	News (N)
		115	343	16	CFMT	Two-Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
		218	345	18	E!	The Insider (N)	E! News	The Biggest Loser (N)		Ruby		Ruby	Kimora: Fab	News (N)
		-	361	20	ABC	News (N)	Entertainment	Homeland Security USA		State of the Union "2009" (Live)			Primetime: You	News (N)
		512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
		651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
		-	365	36	FOX	TMZ (N)	Seinfeld	Bones (HDTV PA)		State of the Union "2009" (Live)			News (N)	News
		-	-	64	PBS	Business Rpt.	Snowtrails TV	Nova (HDTV) (N) (DVS)		State of the Union "2009" (Live)			African American	Lives 2
		205	312	104	CTV	Hollywood	etalk	Criminal Minds "Lucky"		Criminal Minds		Law & Order: SVU		News (N)
	news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		Seeking Refuge (N)		National
		500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		State of the Union (Live)		Anderson Cooper 360 (HDTV)		
	sports	406	417	27	net	World Sport	NHL Hockey Carolina Hurricanes at Ottawa Senators. (HDTV) (Live)					Sportsnet Connected		Hockey Central
		126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
		400	280	30	TSN	NBA Basketball Minnesota Timberwolves at Toronto Raptors.					Curling 2009 Scotties Tournament of Hearts -- Draw 11.			
		410	403	52	SCR	Cabby Unlimit	Court Surfing NBA news, scores and highlights.					Score Tonight		Hockey Talk
		411	457	56	OLN	Bounty Hunter	Bounty Hunter	Survivorman		Mantracker		Bounty Hunter	Bounty Hunter	Survivorman
		417	406	59	SC	Pimp My Ride	Pass Time (N)	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pimp My Ride
	family	554	544	48	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
		557	540	51	FAM	Wizards-Place	Han. Montana	The Suite Life	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
		551	542	65	YTV	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach		Mystery Hnt.
		570	580	29	MM	mmmtop	Where You At	Popaganda		Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons	Listed
	cable variety	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Manhunters	Manhunters	Manhunters
		628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		Ultimate Knockouts		DEA (HDTV) (N)		Real Vice
		521	560	34	TLC	Kids by the Dozen		17 Kids-Count	17 Kids-Count	18 Kids-Count	17 Kids-Count	Toddlers & Tiaras		17 Kids-Count
		145	761	35	TV5	Change	Caméra café	Les Bébés animaux		Nicolas le Floch (Partie 2 de 2)		Facteur	D'Est en Ouest	Journal TV5
		616	521	39	SHO	The Outer Limits		Mutant X "Lit Fuse"		Testees	Trailer Park	The L Word (N)		House
		620	523	40	BVO	Sounds Like Motown		Live at the Rehearsal Hall		Sweet Soul Music			Bryan Ferry	Law & Order
		520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Time Warp (N)	Extreme Loggers (N)		Daily Planet
		575	583	43	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Three Wishes
		601	562	45	SLC	Til Debt-Part	Rich Poor	Trinny and Susannah Undress		Rich Bride, Poor Bride		End of Leash	End of Leash	ET Canada
		625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
		294	529	47	TBS	House-Payne	House-Payne	*The Last Castle* ★★ (2001, Suspense) Robert Redford, Mark Ruffalo.					Seinfeld	Family Guy
		600	564	49	H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
		627	528	50	SPC	Stargate Atlantis (DVS)		Lost "Numbers"		Star Trek: Voyager		Destination Truth (N)		Stargate SG-1
		581	566	53	MTV	Play'd	After	MTV News	Cribs	From G's to Gents		From G's to Gents		MTV Live
		618	524	54	TROP	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
		522	506	55	HIS	NCIS "Marine Down"		Ultimate Engineering		Ax Men		NCIS "Marine Down"		Re-Inventors
		129	773	60	CD	Biographies "Daniel Pilon"		Paradis perdus (HDTV)		Images-chocs		Criminels		Mayday
		261	394	61	V	Murder, She Wrote		Chambers	On the Buses	Quantum Leap		I Prophesy	Supernatural	Poltergeist
		602	567	62	W	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
		269	350	70	APTN	Wings-Canada	Great Towns	Wapos Bay	Rez Rides	Fish Out	Mixed Blessing	Caution: Nuts	Rabbit Fall	Moccasin Flats
		621	527	71	TLK	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Living the Life	Off the Leash	The Tonight Show-Jay Leno		TMZ
		603	561	95	FN	Chef at Home	Chef at Home	Restaurant Makeover		The F Word		Good Eats	Good Eats	Iron Chef Am.

critics' corner

Wild Roses
Relationships are on the front burner in this new episode, which finds Charlotte falling more deeply into Jude's world, while Will and Lucy's romance heats up. Peter finds inspiration from his hospital roommate, and David finds a possible source of support for his attempt to take over Rivercross in "Sin and Redemption." 9 PM on 8 CBC

NCIS
When an NCIS agent is killed, Gibbs and company venture into the desert in search of a woman who holds the key to finding the killer. Michael Weatherly, David McCallum and Pauley Perrette also star in the new episode "South by Southwest." 8 PM on 13 CBS 3 GTV

Homeland Security USA
In this new episode, a Coast Guard agent stops a guy driving a personal watercraft through a manatee zone off Miami. Elsewhere, the skipper of a package-laden fishing boat runs from officials when the boat hits shore. 8 PM on 20 ABC

Hawn avoids Oscar red carpet

Not every star likes the red carpet. Some like to sneak in the back. "It's so much nicer. No one's screaming," Goldie Hawn said as she arrived at a loading dock behind the Kodak Theatre about 45 minutes before Sunday's Oscar show. MSN.COM

Celebrity Buzz

Madge flaunts new boyfriend at Oscars

LOVERS Madonna was "all over" her new boyfriend Jesus Luz at the Oscars, femalefirst.co.uk reports. The 50-year-old singer went public with the 22-year-old Brazilian model for the first time, flaunting him at a pre-Academy Awards party last night.

A source said: "She was all over him at the Grey Goose pre-Oscars party at Cecconi's in Los Angeles. She was kissing his face off. Then she decided to invite him to join her at the actual bash — their first public outing together."

It was recently revealed the pop star is desperate to prove she is committed to Luz, following claims the Hung Up singer is only romancing the model to make her estranged husband Guy Ritchie jealous.

A source said: "Madonna and Jesus have spent all week planning their outfits for Oscar night. Madonna is planning on using the Vanity Fair party to introduce Jesus to the world as her new boyfriend."

METRO NEWS SERVICES

Anne has a ball at Academy events

PERFORMANCE During the Oscar show, Prince Charming — in the guise of host Hugh Jackman — swept Anne Hathaway into his arms. And, afterwards, she went to the ball, people.com reports.

The Academy's Governors Ball, that is, immediately following the Sunday night ceremony in the Kodak Theatre. The evening was so rich that the Rachel Getting Married best actress nominee, 26, told People she had a hard time singling out a favorite moment.

"There's so many," she said before quickly amending her answer to, "I'd have to say being in Hugh Jackman's arms and him carrying me on stage."

Their number, part of a satirical musical salute to the nominated movies — in this case, Frost/Nixon, with Hathaway as the former president — was rehearsed for "about a week," she said.

"I didn't really have that much input for what went into it. They just said, 'Show us what you got, and we'll work around that.' I'm a theatre-trained actress, so that kicked in for the singing.

"I think I was nervous for that performance and nervous about the nomination that the two just cancelled each other out," she said.

METRO NEWS SERVICES

Aniston takes Brangelina in strides

APPEARANCE While Slumdog Millionaire piled up the Oscars Sunday night, Angelina Jolie and Jennifer Aniston defied expectations and piled on the smiles — as their dual appearance at Hollywood's night of nights was as smooth as the silk gowns that filled the Kodak Theatre, people.com reports.

Jolie, of course, attended with her partner and fellow nominee, Brad Pitt, while his ex-wife, Aniston, was accompanied by her boyfriend, John Mayer.

When it came to the seating arrangements in the Kodak, Mayer and Aniston were not far from Pitt and Jolie — just about 12 seats away.

METRO NEWS SERVICES

Beckhams want to renew vows

RELATIONSHIP David and Victoria Beckham are planning to renew their wedding vows, femalefirst.co.uk reports. The soccer star and the former Spice Girl have told friends they want to celebrate their 10th anniversary in July with a lavish commitment ceremony. A source told Britain's Daily Express: "David has promised Victoria that they will renew their vows at the beginning of July, around their 10th wedding anniversary."

METRO NEWS SERVICES

Awards show like 'date' for Pitt, Jolie

COUPLE While Brad Pitt and Angelina Jolie were making a glamorous appearance at the Academy Awards, what were their six children doing at home?

"Throwing spaghetti against the wall," Pitt told People magazine on the red carpet at the Kodak Theatre in Hollywood. Which was just fine with two of Sunday night's nominees — Pitt as best actor for The Curious Case of Benjamin Button, and Jolie for best actress in Changeling. Neither picked up an award.

"We've been planning on this for months," Pitt joked.

"I like to think of it more as a date," added Jolie.

METRO NEWS SERVICES

Nicole's pals welcome baby news

PREGNANCY Now that Nicole Richie and boyfriend Joel Madden have announced they are expecting a second child, their friends are brimming with well wishes for the couple, people.com reports.

"I'm so excited for Nicole," Paris Hilton told People at the first annual Leeza Gibbons Night to Make a Difference in Beverly Hills. And Hilton's mom, Kathy, has a hunch that Richie, 27, may be seeing blue this time around. "I think it's going to be a boy," said Kathy. "I'm never wrong."

As for the expectant mom, "she's a cool chick," Chuck actor Zachary Levi, who worked with Richie when she guest-starred on the show, told People at the Fox Searchlight Oscar party. "I think that they'll be a good unit to hopefully bring up their kids in a way where they are stand-up individuals who lead their generation into being a good one."

Actress — and mother of three — Angie Harmon said Richie's experience as a mom to one-year-old daughter Harlow will make parenting the second time around much easier.

"She knows what she's doing since she already has one," Harmon said at Prince's party for his website LotusFlow3r.com.

Harmon also had a request for the fashion-savvy star: "Start a maternity line."

METRO NEWS SERVICES

Travolta opens charity in memory of dead son

FOUNDATION John Travolta has launched a charity in memory of his dead son, femalefirst.co.uk reports.

The Hollywood actor and his wife Kelly Preston — whose 16-year-old son Jett died from a seizure in January — have created the Jett Travolta Foundation to help children with medical and emotional needs.

The 55-year-old star's official website says: "The Foundation shall endeavour to use its resources specifically to assist and provide relief to children with vision, hearing, mobility, communication, behaviour learning impairments or other special medical, environmental, health or educational needs."

Jett was found lying motionless in a bathtub on Jan. 2 at his family's Bahamas hotel. The teenager had a history of fits and it is believed he experienced a seizure and fell and hit his head.

He was found by a caretaker and immediately rushed to a hospital, but was pronounced dead on arrival.

Jett was diagnosed with Kawasaki Disease when he was two.

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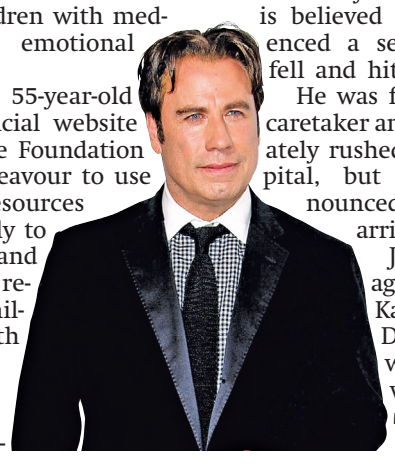

Rourke dishes on facial fixes

SURGERY Best actor Oscar nominee Mickey Rourke isn't happy with the plastic surgery he received to fix facial injuries he incurred during his boxing career, saying he "went to the wrong guy."

"I had to have cartilage taken from my ear to rebuild my nose and a couple of operations to scrape out the cartilage because the scar tissue wasn't healing properly," Rourke said, according to German newspaper Die Welt. "That was one of the most painful operations, but the worst was hemorrhoids."

METRO NEWS SERVICES

Jackman grilled over gay rumours

SEXUALITY In her Oscar special, Barbara Walters grilled Hugh Jackman about persistent rumours that he is gay. Jackman said that when his wife would come see him in The Boy from Oz on Broadway, "She used to go to the bathroom … and she would hear people going 'I know he's married, but I'm sure he is' … she would yell out, 'He isn't!'"

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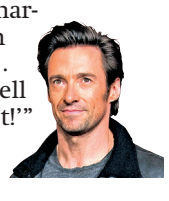

Woman trouble for Winehouse?

INCIDENT Amy Winehouse's rampaging recuperation in the Caribbean continues, and the troubled singer can now reportedly add same-sex home-wrecking to her list of hobbies. According to the Daily Mirror, a woman vacationing at the same St. Lucia resort was shocked to return to her hotel room and find her female partner in bed with the Rehab singer. "It was a horrible thing to have to see — her girlfriend and Amy all over each other like that," a source told the newspaper.

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Wednesday Variable -2° / -3°

Thursday Rain and snow 60% 4° / -12°

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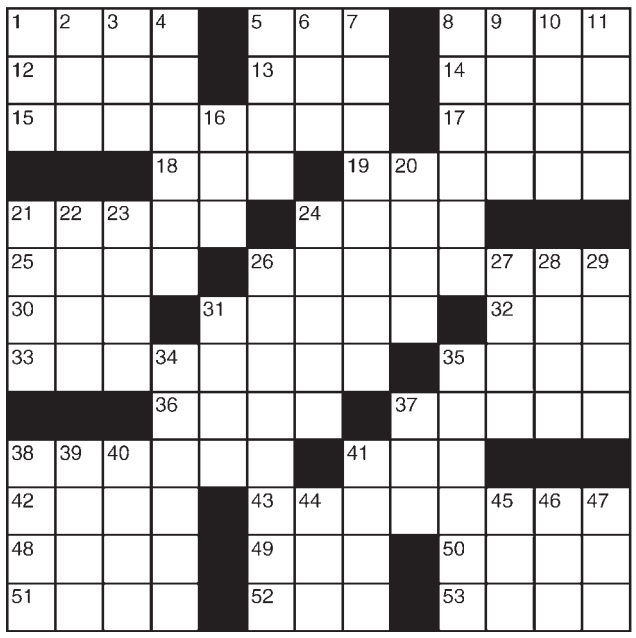
Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			4		2			
	6						2	
7		8				9		6
		9	5	3	4	2		
3								4
		5	6	9	7	1		
6		4				8		1
	5						3	
			3		8			

Crossword across

1 Ms. Moore
5 Occupation, for short
8 Stitches
12 With 13-Across, hematite
13 See 12-Across
14 Met melody
15 Breadwinner
17 Chain component
18 Whatever number
19 Vitamin C source
21 "Surprise Symphony" composer
24 Throat clearer
25 Lotion additive
26 TV crime drama
30 Put into words
31 J.C. Harris' "Uncle —"
32 "Hail, Caesar!"
33 Don King, e.g.
35 Faucet problem
36 Sleeping
37 Daily trio
38 One taking great interest in his work?
41 Cushion
42 Picard predecessor
43 Max Bialystock, for one
48 Advantage
49 Sailor's assent
50 "Arrivederci"
51 Crystal gazer
52 Trawler gear
53 Deserve

Crossword down

1 Party bowlful
2 Screw up
3 Cattle call?
4 Encroach upon
5 Corpse
6 Anger
7 Crucial time
8 Hero material
9 "— Brockovich"
10 Airplane part
11 Benefit
16 Hostel
20 Umps
21 Padlocked fastener
22 Re 10-Down
23 Vacillate
24 Ready for battle
26 Mary Martin role
27 Zhivago's love
28 Satanic
29 Agents, briefly
31 Judicial garb
34 IOU
35 Figure out
37 Angry
38 Guitars' kin
39 Faction
40 Incite
41 Versifier
44 "Catcher in the —"
45 KGB counterpart
46 Listening device
47 Director Howard

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

9	2	4	6	7	3	8	5	1
1	7	3	5	2	8	4	6	9
5	8	6	4	9	1	7	3	2
7	6	5	1	3	9	2	8	4
3	4	2	8	6	7	9	1	5
8	9	1	2	4	5	3	7	6
4	1	7	3	5	2	6	9	8
6	3	8	9	1	4	5	2	7
2	5	9	7	8	6	1	4	3

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SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Spicy Rice with Chickpeas

INGREDIENTS:

1 tbsp (15 ml) canola oil
1 onion, sliced
1/4 cup (50 ml) medium curry paste
1 cup (250 ml) basmati rice, rinsed
2 cups (500 ml) water
1 sweet potato, peeled and chopped into small chunks
4 tomatoes, chopped
1/4 cup (50 ml) sultana raisins
14-oz (398-ml) can chickpeas, drained and rinsed
1/4 cup (50 ml) chopped fresh coriander
1/3 cup (75 ml) unsalted cashews, roughly chopped

METHOD:

1. Heat oil in large pot and fry onion over medium heat 8 minutes, stirring until pale golden. Add curry paste and stir-fry about 1 minute.
2. Stir in rice, then add water, sweet potato, tomatoes and raisins. Bring to boil, then reduce heat to simmer. Cover pan and leave on low heat 20–25 minutes, stirring occasionally, until rice is just tender and water has been absorbed. Add more water if the mixture becomes too dry before the rice is cooked.
3. Stir in chickpeas and gently heat through. Stir in coriander, season to taste and scatter with cashews before serving.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Being subtle will get you more information. Something will cause you to feel breathless. A miserable man is strange but he will be effective.

TAURUS
APRIL 21-MAY 21
A friend is in a difficult situation due to fascination. Concerns about leadership will dominate. You will experience a failure to communicate.

GEMINI
MAY 22-JUNE 21
You're forced to discuss a tough issue. The changes due to an unusual event will please you. You'll be delighted when you achieve recognition.

CANCER
JUNE 22-JULY 22
You want to be spontaneous but a latecomer gets in the way. You must shake off any masochistic moodiness. Parental interference causes a quarrel.

LEO
JULY 23-AUG 23
You're in the mood to clown around. Beware of a vexed person in a secret meeting. You'll surprise yourself during a presentation.

VIRGO
AUG 24-SEPT 22
You'll have a meaningful encounter with a friend. Your loved ones will finally get back to normal. A brash young man really wants your approval.

LIBRA
SEPT 23-OCT 23
There's a problem with a romantic encounter. You'll see that nothing can be done in a battle of wills. A religious remark will cause trouble.

SCORPIO
OCT 24-NOV 22
Everyone wants you to do the dirty work. A little man will cause delays in reaching your goals. You know more than you think.

SAGITTARIUS
NOV 23-DEC 21
A whimsical friend overwhelms your senses. A sympathetic response will release you from a burden. A happy moment will be cherished.

CAPRICORN
DEC 22-JAN 20
There'll be intriguing phone calls made today. A private weakness will be revealed by a guilty person. Pay attention to someone who has a grievance.

AQUARIUS
JAN 21-FEB 18
A shrewd guy leaves you to pick up the pieces. Continue a discussion to clear up confusion. A wounded friend wants to re-establish a connection.

PISCES
FEB 19-MARCH 20
A confrontation has to be acknowledged. Don't bother questioning the cause of a predicament. Someone's cheerfulness is an intimidation tactic.

This day in history

FEB. 24, 1868: The first parade to have floats is staged at Mardi Gras in New Orleans, La.
FEB. 24, 1917: World War I: The U.S. ambassador to the United Kingdom is given the Zimmermann Telegram, in which Germany pledges to ensure the return of New Mexico, Texas, and Arizona to Mexico if that country declares war on the United States.
FEB. 24, 1920: The Nazi Party is founded.
FEB. 24, 1981: Engagement of The Prince of Wales and Lady Diana Spencer announced.
FEB. 24, 2008: Fidel Castro retires as the President of Cuba after nearly fifty years.

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